Why is anxiety the new epidemic of our age?

With new reports saying it is worse than depression, how can we tackle the ‘nameless dread’, asks Louise Chunn

The old words that sum up anxiety – fear, unease, apprehension, terror – get to the point. Anxiety can manifest as physical symptoms as well as mental. The symptoms that you get can be as tangible as a cold, or as intangible as a sense of unease. Anxiety can be a vague sense of worry, an overwhelming fear or a mix of both. Anxiety is a feeling that can make you feel out of control, like you’re losing your grip on reality. It can be triggered by specific situations, like public speaking or flying, or it can be a more general feeling of unease.

Anxiety affects
- Mood and perceived control
- Sleep
- Appetite
- Physical symptoms
- Cognitive symptoms
- Social functioning

Here’s a fascinating point: 1 in 10 people in the world have anxiety disorders. In the UK, anxiety disorders are now the most common mental health problem. They affect 1 in 6 people at some point in their lives.

Anxiety and depression go hand in hand. They’re not the same thing, but they can overlap. Anxiety is more about the future, while depression is more about the past and present. Anxiety is more about the unknown, while depression is more about the known.

Anxiety is a feeling that you are in danger, even if there is no danger. It’s a feeling that you are going to die, even if you are not going to die. It’s a feeling that you are going to make a mistake, even if you are not going to make a mistake. It’s a feeling that you are going to fail, even if you are not going to fail. It’s a feeling that you are going to be abandoned, even if you are not going to be abandoned. It’s a feeling that you are going to be lonely, even if you are not going to be lonely. It’s a feeling that you are going to be sad, even if you are not going to be sad.

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